

Amendments

In the claims:

Kindly cancel claims 1-33, 40, 45, and 47 without prejudice to future prosecution.

B1
1 ~~34~~. (Amended) A cholesterol-free fat composition suitable for human or animal ingestion for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum, wherein said fat composition contains one part by weight polyunsaturated fat and at least one part by weight cholesterol-free saturated fat, where said fat composition comprises linoleic acid and at least one saturated fatty acid selected from the group consisting of lauric acid, myristic acid, and palmitic acid, said linoleic acid constituting between 15% by weight and 40% by weight of the fat in said fat composition and said saturated fatty acid constituting between 20% and 40% by weight of the fat in said fat composition, and wherein said fat composition comprises no more than 1% elaidic acid or other unnatural *trans* fatty acids by weight.

B2
6 ~~39~~. (Amended) The composition of claim ~~24~~¹, wherein the balanced mixture of saturated and polyunsaturated fatty acids [are] is provided by fats selected from the group [of fats] consisting of a single fat, a natural blend of cholesterol-free saturated fats and polyunsaturated oils, and modified or synthetic fats incorporating chemically or enzymatically interesterified fatty acids.

B3
12 ~~48~~. (New) A method of increasing the HDL concentration and the HDL/LDL concentration ratio in human serum by providing a balance between a sufficient and required proportion of cholesterol-free saturated fatty acids in the daily dietary fat of said human and a sufficient and required, but not excessive proportion of polyunsaturated fatty acids comprising linoleic acid in said dietary fat, while the remaining proportion of fatty acids

B3 and energy from said dietary fat is provided by monounsaturated fatty acids comprising oleic acid, said method comprising the step of: ingesting said dietary fat, wherein said saturated fatty acids are selected from the group consisting of palmitic acid, myristic acid, lauric acid, and combinations thereof, and constitute between 20% and 40% by weight of the daily dietary fat based upon said dietary fat accounting for 30% of the total dietary energy consumption, and wherein said linoleic acid constitutes between 15% and 40% by weight of said dietary fat, whereby the required proportional intake of said polyunsaturated fatty acids enhances the formation of HDL from VLDL and/or decreases the clearance of HDL, while an excessive proportional intake of said polyunsaturated fatty acids and said monounsaturated fatty acids is avoided to assure a sufficient dietary availability of said saturated fatty acids which are required for sufficient VLDL synthesis and HDL production, and wherein the food source for both said saturated and said polyunsaturated fatty acids comprises a genetically selected or engineered single vegetable oil species.

13 ~~49~~ (New) A method of increasing the HDL concentration and the HDL/LDL concentration ratio in human serum by providing a balance between a sufficient and required proportion of cholesterol-free saturated fatty acids in the daily dietary fat of said human and a sufficient and required, but not excessive proportion of polyunsaturated fatty acids comprising linoleic acid in said dietary fat, while the remaining proportion of fatty acids and energy from said dietary fat is provided by monounsaturated fatty acids comprising oleic acid, said method comprising the step of: ingesting said dietary fat, wherein said saturated fatty acids are selected from the group consisting of palmitic acid, myristic acid, lauric acid, and combinations thereof, and constitute between 20% and 40% by weight of the daily dietary fat based upon said dietary fat accounting for 30% of the total dietary energy consumption, and wherein said linoleic acid constitutes between 15% and 40% by weight of said dietary fat, whereby the required proportional intake of said polyunsaturated fatty acids enhances the formation of HDL from VLDL and/or decreases the clearance of HDL, while an excessive

proportional intake of said polyunsaturated fatty acids and said monounsaturated fatty acids is avoided to assure a sufficient dietary availability of said saturated fatty acids which are required for sufficient VLDL synthesis and HDL production, and wherein the food source for both said saturated and said polyunsaturated fatty acids comprises a genetically selected or engineered single vegetable oil species.

133 14 ~~50~~. (New) A method of decreasing the LDL concentration in human serum comprising the step of providing saturated fatty acids selected from the group consisting of palmitic acid, myristic acid, lauric acid, and combinations thereof, in the daily diet in a proportion between 20% and 40% by weight of the daily dietary fat based upon said dietary fat accounting for 30% of the total dietary energy consumption, and maintaining a proportion of polyunsaturated fatty acids comprising linoleic acid in the daily diet at the expense of monounsaturated fatty acids comprising oleic acid and/or elaidic acid, wherein said linoleic acid constitutes between 15% and 40% by weight of said dietary fat, whereby removal of plasma VLDL remnants and LDL is maximized, and the production of LDL is reduced, and wherein the food source for both said saturated and said polyunsaturated fatty acids comprises a genetically selected or engineered single vegetable oil species.

16 51. (New) A method of increasing the HDL and stabilizing or decreasing the LDL concentration in human serum comprising the step of providing saturated fatty acids selected from the group consisting of palmitic acid, myristic acid, lauric acid and combinations thereof, in the daily diet in a proportion between 20% and 40% by weight of the daily dietary fat based upon said dietary fat accounting for 30% of the total dietary energy consumption, whereby the production of VLDL, as the HDL precursor, is adequately sustained and is not rate limiting in HDL biosynthesis, and maintaining a proportion of polyunsaturated fatty acids comprising linoleic acid in the daily diet at the expense of monounsaturated fatty acids comprising oleic acid and/or elaidic acid, wherein said linoleic acid constitutes between 15% and 40% by